

Does swallowing saliva and phlegm break the fast?

Shaykh Sulaymān ibn Nāsir al-'Alwān (حفظه الله) responded by saying:

The Scholars have agreed that whoever swallows his own saliva, his fast is not broken, because saliva comes from the mouth, so it doesn't affect the person fasting to swallow it.

And is it considered disliked to do that or not? What's correct is that it's not disliked if he didn't purposely gather his saliva, because the precautions that come with it are difficult and burdensome and it's not possible for anyone to handle that.

But as for Phlegm, then a group of Scholars have said that if it's from the chest, it doesn't break the fast, and if it was from the Jawf [The empty space in the mouth and the throat] or the Brain, then it breaks the fast.

What's correct is that swallowing Phlegm intentionally is Makrūh [Disliked] or Harām [Prohibited] according to a group of Scholars, except that it doesn't break the fast in all cases, because it's not food or drink, and it's neither from its implications.

And Phlegm is something that causes distress and the Ummāh is in need of knowing its ruling, so if it broke the fast, the Prophet (صلى الله عليه وسلم) would have clarified that with a general statement, so if there's no report mentioning that, it becomes known that the statement which mentions that it breaks the fast is not correct.

And Imām Ahmad (رحمه الله) said in the Riwayāh of Al-Marwazī (رحمه الله): "You do not have to make up a day if you swallowed Phlegm while you are fasting"